



FLU PREVENTION

Flu season occurs each year in the late fall and winter months.

The flu (or influenza) is a contagious respiratory infection that can include symptoms such as fever, cough, sore throat, runny or stuffy nose, mild to severe body aches, and headache.

Anyone can get the flu, but individuals such as seniors, children under five, and pregnant women have a higher risk of developing complications from the flu virus.

The Flu Vaccine

The flu shot is the best way of protecting yourself against the flu virus.

It is safe and effective and protects you when you are exposed to the virus, stops you from being very sick, and prevents you from passing on the virus to others around you.

Here are some ways you can help protect yourself against the flu:

- 1. Get your flu shot early.** The flu shot has been shown to reduce the number of doctor visits, hospitalizations and deaths related to influenza.
- 2. Wash your hands well and often.** The virus can live on your hands for up to 3 hours. It is recommended to wash your hands for at least 15 seconds to help prevent the spread of the influenza virus. If soap and water isn't available,

use a hand sanitizer that contains at least 60% alcohol.

- 3. Clean common surfaces and items.** Clean surfaces thoroughly as viruses can live on hard surfaces for some time.
- 4. Cover your mouth and nose when you cough or sneeze.** Cough into your upper sleeve if you don't have a tissue. If you use tissue, throw it into the garbage after use.
- 5. Stay home if you're sick.** Prevent the spread of the virus in group settings by staying home if you are experiencing flu or cold-like systems.

In some provinces, pharmacists are certified to administer flu shots within the pharmacy*, making it much easier to take the steps toward protecting yourself against the influenza virus.

Need prescription, over-the-counter or herbal medications for flu season? Speak to your Remedy'sRx pharmacist for recommendations and tips on how to prevent the spread of the virus to the ones you care about.

*Source: <http://www.pharmacists.ca/pharmacy-in-canada/scope-of-practice-canada/>

The contents herein are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.